



Podcast Session #64

Esogetic Colorpuncture

With Dr. Rosemary Bourne

Dr. Christine Schaffner interviews Dr. Rosemary Bourne, acupuncturist and doctor of Oriental Medicine, all about color puncture and its healing mechanisms.

Learn more about Dr. Rosemary's color puncture: www.colorpunctureusa.org

Dr. Christine Schaffner: Hi, everyone. Welcome to the Spectrum of Health podcast. I'm Dr. Christine Schaffner, and today, my guest is Dr. Rosemary Bourne. Rosemary and I are going to be discussing Esogetic Colorpuncture. Rosemary began studying alternative therapies in Australia in the early '80s. She originally trained in Shiatsu and macrobiotics, and this led her to an interest in Chinese medicine where she obtained a Diploma of Acupuncture in Sydney in 1984, and then a Doctorate of Oriental Medicine from Zhejiang Medical Research Institute in China in 1985. In 1986, she went to live in India in an ashram to pursue her lifelong interest in meditation. It's there where she participated in a multidisciplinary healing center, and this is where she met Peter Mandel, a German naturopath and creator of esogetic therapies. He was invited to teach at the ashram and Rosemary joined those trainings and has continued to study with him and follow the evolution of his work since that time. In 1993, she came to the US and co-founded Esogetics USA, and began to teach trainings nationwide. She also trained in somatic trauma release therapy, the work of Peter Levine, and found the combination of somatic release trauma therapy and esogetic therapies to be a profound healing modality. I hope you enjoy this podcast today with Rosemary and I. Welcome, Rosemary, I'm so excited to have you on the podcast.

01:25 Rosemary Bourne: Thank you very much for inviting me to join.

01:29 DS: Well, I've known about colorpuncture over the years. It's just come and gone out of my viewpoint, and I can't remember the moment, Rosemary, but I was super drawn to it. And I found your website, and I found this whole organization of colorpuncture and found out that you lived in Marin County where I have a small practice, and it just felt like a very synchronous timing. I

know that we've connected a few times, and I'm just so honored and excited to learn from you today.

02:00 RB: Thank you. Actually, we are extremely close. We're a couple of blocks from each other, and I've actually been to your office. I met up with Dr. Ha Dang...

02:11 DS: Yes. I love it. I love how the world works, right? We couldn't have planned that, but I'm so glad that we're neighbors in Marin. Well, I would love for you to take us on this journey of learning about colorpuncture, and we'll talk a lot more about light as medicine, and how our bodies communicate with light, and how this is really a wonderful healing modality. But, Rosemary, tell us first how you found colorpuncture and what we are talking about?

02:43 RB: I initially trained as an acupuncturist, as you told people, and then when I finished my schooling, I've had a lifelong interest in meditation. I went to India, and I was in an ashram in India, and I was also practicing acupuncture. There was a multidimensional healing clinic there. There was a man who was a member of the community, his name is Fausto Pagnamenta, and he was a Swiss pediatrician. He had studied with Peter for many years and used the light therapies with his children for many years. And he's actually created a beautiful book called "Children in the Light" which is a wonderful book for parents and people working with children. He came down to the ashram and taught a small class and brought several of Peter's books. I was fortunate that I was invited to be a part of that class.

04:03 RB: And then people got very interested, and we invited Peter Mandel to come down, and he got a fantastic response. There were several hundred

people that came to this initial training. I just started working with the system, and gradually we started teaching trainings in the ashram in this system, and Peter kept coming back. He really enjoyed being there because the core of the work is really this process of being connected with yourself and with this beautiful field of light. So he really enjoyed being with people who were interested in consciousness and healing as a part of consciousness. He wasn't trying to prove his system only to skeptical MDs, at that point, in Germany. So, he kind of loved coming down there. And then when that teacher of mine died, I came out to the States, and we set up this institute here and started teaching here. So I've been studying with Peter for many, many years, since 1989.

05:26 DS: Wow, what a journey and what divine intervention that your paths crossed at that time. And so, Peter, he developed what we call the esoteric...So, esoteric plus energetic system. Can you just tell us what that means and the philosophy behind that?

05:48 RB: Yes. So, what Peter's really saying is, as I'm saying, that it's an esoteric, that is one part, which is this...I think the core intention of Peter's work is really to connect people to their flow of information, because he feels that if you're in your flow and you're unfolding your life in an authentic way, this is health. So that's the ascension energy, and then the energetic part is our life in the body, and so he's saying we want an integration of this energetic health and also this esoteric movement of our life in consciousness, so he calls that the cross of life. This is the ultimate dynamic of health, is to have these two things integrated.

06:57 DS: I love that perspective. In a very different framework, I'm always talking to my patients about health as resilience, but also health as this ability for information to flow and to remove blocks to healing, so the body can self-regulate and heal. I know he's coming from it from this other perspective, really, I think what a better way, acknowledging how our bodies are connected to this information source of light, not only that our bodies are made up of light, but also that they respond and can heal with light. There's so much to learn here. At Sophia Health Institute with Dr. Klinghardt, he's always incorporated this idea of light as medicine and also using color to help as part of our treatment protocols, and just maybe to take a step in this direction. I know before we got on, we were talking about this whole idea of biophotons, and so when we're talking about light and color and health, we have to acknowledge biophotons. Can you share with the audience, what are biophotons and how do we work with them?

08:09 RB: This is a really interesting crossover because I think both Dietrich and Peter Mandel are incredible healers who've created their own unique systems of energy regulation, and they both have this touchstone through the connections with Fritz Popp. And Fritz Popp is a biophoton physicist, and he started in the '70s to really investigate this phenomena of biophotons in the body. We know that this information had been around in Russia since the '20s, but then in Germany, they really started to investigate it and what they have understood is that in the hierarchy of the systems, the physics of light really sets up the chemistry in the body. And so he really discovered that at the cellular level, cells communicate via these particles of light, which are called biophotons, and normal cells emit a steady, harmonic stream of these photons and they communicate information between the cells.

09:42 RB: And in fact, it's quite incredible because at the cell wall, we know that there are actually 100,000 of these messages communicating per second, so there's this constant information exchange going on via this biophoton activity, and so what he demonstrated was that this is really a faster means of communication than via neural pathways or chemical messages. And so Peter Mandel then got very interested in this because this research revealed that biophotons move through the whole body independent of neural pathways. And so when we have a biophoton disturbance in the body, it means a disturbance in the bio-communication in the body. This is really important for how we then initiate healing in the body. What Peter started to do was to try to create devices that could support this biophoton balance and coherence in the body, because when the cells are out of balance...There's a really nice little quote, let me find it here.

11:09 RB: So when the cells lose this coherence, or they lose their capacity to store or receive coherent light, then the tissue is ill or it will become ill. So this is the background to this, so the more unwell the cell is, the more the loss of this biophoton coherence.

11:38 DS: That's a beautiful explanation. And really, as you mentioned, the backbone of how Dr. Klinghardt came up with autonomic response testing is that we're really looking for coherent light emissions from the body, and whenever a part of the body is sick or diseased or unwell we're finding stress that demonstrates that there's incoherent light or even lacking light emissions. And so I think the reason I love doing these talks and learning from people like you is that it changes our whole perspective of health--because we're taught even if you don't go into medicine, we're taught in biology that it's all about biochemistry, and that's really what our conventional medical paradigm

is based on, is that we need to manipulate and control biochemical pathways, and that's how someone gets better, or that's how we prevent or reverse a disease, and so this whole understanding and philosophy and framework completely turns that on it's head, by asserting that the light instructs the biochemistry. That's how I think of it, in that there's this whole other faster, smarter, more elegant tool to recover one's health.

12:53 RB: And it's a unified field. I have a beautiful quote, maybe people would like to hear just some quotes. I have some quotes from Marco Bischof which really picks up on what you're saying about this unified field and the qualities of this unified field. So exactly as you were saying from the classical molecular view of the biochemical school, they describe the organism. The biophoton physicists described the organism as a macrocosmic quantum system, in which not the particle aspect, but the holistic field predominates. So they assumed that all the molecules of the organism are coupled with each other by this coherent gradient field, in such a way that it forms this unity in which the biophotons can't be assigned anymore to any particular niches, but are considered to be admitted by the organisms as a whole, and dysregulate and control all the life processes. It's very exciting, and just one other quality of this that I find really, really wonderful is that this biophoton field, he says, consists of light of a very high degree of order, so it's actually a kind of a biological laser light.

14:32 RB: Such a light is very quiet and shows an extremely stable intensity, without the fluctuations normally observed in light. Because of their stable field strength, its wavelengths can superimpose and, by virtue of this, interference effects become possible, that don't occur in ordinary light. So, there's what they described as this very high degree of order, and then this biological

laser light is able to generate, and keep order, and transmit information in the system. I did see this thing that Dietrich said that I thought was really fun, he said, "Even if you think about light, it increases the light activity in the brain." I always feel this when I read about this biophoton field, because I feel everybody gets excited. So, it's this beautiful, coherent kind of biological laser light field, that is the subatomic layer of our body, and the informative energy of our body. We want to keep our system open, so it has access to this coherent unified field.

16:03 DS: I love that. I've interviewed Dr. Rubik over the years, who talks a lot about the biofield and putting a lot of her research and science around this truth of how we are created, and how our body is communicating. We can go in a couple of different ways now, Rosemary, but I think, to this point, I know that you've done some work with Kirlian photography and assessing the light body. Can you speak to some of the objective measures that we have access to at this time, that look at people's unified field of light, whether it's our biofield or biophotons? And my understanding is, obviously, from the work of Dr. Popp, that we of course would want to have his equipment, maybe one day we'll get there, to measure biophotons that are emitted from the human body, but do we have objective, accessible tools to look at this?

17:03 RB: Yes. So, what Peter uses is his energy emission evaluation techniques, which is based on a Kirlian machine that was developed by the Russians. And so, what this machine does is it creates a charge. It's a charge dialectical plate, and it measures the molecules coming out around the fingers and the toes. And so, using this device, you can get an incredibly nuanced picture of many levels of information. Because this is kind of an interesting thing with Peter, he's using devices, these custom-made quartz crystal light

devices, to activate and support this coherent field. And in the photo, you can see then which levels of blockage are going on. And so, he talks about three levels, the information level, so the access to this subtle field, he talks about the energy level, and he talks about matter. And in the Kirlian, you can see the three levels of this.

18:39 RB: And so I find this really quite interesting, because on one level, obviously, when people come for a session, they bring the symptom, which is the block in the matter of the body. And this is real, and needs to be addressed. And so, on one level, you can look at the Kirlian, and you can assess things, like the physical focal intoxications, through the emissions coming out, especially coming out of the thumbs. This is a really important area for the physical focal intoxications. You've been sharing a lot of talks, about the lymphatic system, blocks in the sinuses, the retromolar area, the teeth, because all the teeth are projected. So, these are all the physical focal intoxications, which are really important. And then, you can track out, through the Kirlian, how systemic these things are. That's one level that you can look at, so that's one aspect of the dynamic that he's working with. Then the other aspect of the dynamic is looking at the attachment system.

20:04 RB: So, the whole somatic experience of the child, and the way in which through the formation of their attachment system with their parents, starting all the way from conception through the gestation period, the birth, age three, age six, age nine, age 12, how that then also blocks the child's access to their own information. So, for example, if people go through experiences of abandonment, abuse, violence, they were born in Vietnam. And there was the fall of Saigon. And the mother was running to get out of Saigon at that time, the shock to the child, all these different traumas, wars, etcetera,

how those then have an impact on the development of the brain, and how when you have disruptions in the development of the brain, that transfer of information from the subtle field via the brain, which is the switch board into the body, gets disrupted.

21:29 RB: So, we look at this interesting dynamic between what we call the physical and the psychological focal intoxications. And so, the Kirlian is really a very useful device for tracking both these aspects and seeing how they're entrapping each other in a way. And also, what's really helpful is then you can look in the Kirlian, you can see exactly where to go to kind of work with the Locus minoris and if we open here, this will create the flow. This will support the flow via the photon field and therefore initiate a regulation. I hope that's making sense.

22:24 DS: Maybe for someone who's new, they might have to listen to this a few times, but yes, I think you're doing a beautiful job describing how all of this information instructs our physical body, because I know a lot of my listeners might be suffering right now from a chronic illness, and they've tried a lot of things. They're thinking maybe this resonates--like okay, maybe this is where I'm blocked or where I'm stuck. And so, maybe at this point, Rosemary, and you're already doing this, could you share how you walk through and work with a patient who might have, let's say, insomnia, or brain fog, or chronic digestive issues. How do you unpack all this into a tangible experience for a patient?

23:15 RB: So, let's think about something like insomnia. I think what I was saying with that nexus between the physical, focal intoxication and the

trauma is what we've seen. Say for example, with chronic pain. Actually, I'll just mention a little bit about chronic pain.

23:39 DS: Please do.

23:44 RB: This is a horrible illness for people to have. So we know in the mid-brain, for example, memories are stored in clusters of intensity. So, every time you have a certain frequency of shock and trauma, these get clustered together in your mid-brain. So, what they've discovered is if someone has a lot of early trauma, and then they also have very serious pain incidences, these things wire together. So, what we can do, via the Kirlian is look and see, okay, if we can release some of that background trauma and uncouple some of this large ball in the mid-brain, then again, we can get the system flowing. And we can find a way for the person to have some internal sense of space where some healing energy can start to happen with the pain.

25:04 RB: With something like insomnia, Peter discriminates between three primary categories of energy. So, when someone comes in with insomnia...There's three categories. One is endocrine, which is functional states of dysregulation. One is toxic, which is inflammatory infective conditions. And the idea is there's a sort of a therapeutic progression that if you don't regulate the autonomic system, then it moves into states of reactions in the lymph, chronic inflammatory states, which then can move into more tissue and cellular changes, so degenerative states. So, the first thing we would be doing is to differentiate which category the person is sitting in in that particular moment. And this can change. One thing about energy medicine is it can be very fluid. It can move. Although usually when people are more seriously ill, it doesn't move. There's this therapeutic rigidity. So, insomnia often actually

falls into that endocrine category. So, then we start working with the different regulations that we have, using a lot of different endocrine therapies.

26:49 RB: And then what's great with the Kirlian is you can track, I'm sure also with your response testing, that's what's really great is you try some things and then you see from the person's experience and then also from the Kirlian, how are they doing, are we going in the right direction.

27:12 DS: I know it's really fun that you have that measurement as well of, of course, symptom improvement. I think that that's a great example. And I guess maybe we've talked a little bit about the devices that Peter has developed, but he has a system of devices that he used to apply the light and the color body on different points or in different methods. Can you walk us through some of the tools and devices and how that works?

27:48 RB: In a way, it takes us back to this kind of biophoton field and how we access this biophoton field. I'll show you our light device, one of our light devices. This is one of the light devices. This is one of the colors. I'll hold it up a little bit close so people can see it. The key thing about this light device is that this crystal that we have in here is a custom-made quartz crystal. The reason why we're using custom-made quartz crystals is because actually, again, through the research of Fritz Popp, we know that quartz crystal can absorb and transmit information. And so it can access this biophoton field. It can support the transfer of information in this biophoton field because all quartz crystals emit a form of an EMF field so that allows us to be aligned to the subtle fields. And this is just the actual structure of a quartz crystal, the molecular structure because of its six-sided hexagonal shape, it has this infinite holographic geometry, which is the quality of this unified biophoton field.

29:38 RB: The crystal itself, the actual molecular structure, opens the dialogue to that field. We have these kind of devices that we use and then also, we have other really beautiful large crystals like this kind of crystal that we use, that are also working with psychogeometry just by the cut and the shape and the size. We use those also and then the other thing he has is a series of brain wave devices that he uses. For example, this is one of his brain wave devices and he uses this a lot. We were talking about the brain and the formation of the brain and how if we have a disruption in the regulation of the brain, then information can't transmit between the body and the field. We lose that coherent communication. These brain wave devices work on beta, delta, alpha, theta and create or support coordination in the brain, again to open that flow of information.

31:07 DS: They're beautiful. The crystal in the light, it's a beautiful technology and a beautiful treatment. I obviously like crystals and things in my world so I just admire the beauty of them. And then I guess we're talking about light and we're not necessarily specifically talking about color yet and so can you talk about this, how you apply different colors in treatment an overview of how the color and the light form a therapeutic effect?

31:39 RB: Yes, because often what happens is when people come to classes we start talking about biophotons and light and everybody gets really excited. And then sometimes what people say to me is, "Well, why don't we just use pure light? Why do we need to use colors?" And the reason why we need to use colors is because the body gets dysregulated, and what the colors do is they go in and they access those areas...Because each specific color responds to a specific or corresponds to a specific wavelength and frequency.

Obviously, when you get a very complex disorder, you need to go in and get that very specific track into the brain to activate the hormones and the release of the chemicals to change that frequency. It's like we have to get much more specific. This is why we need the colors, on one level, you can think about the five elements from all traditional medicines. In a sense, we work with three complementary color pairs, the red-green, for example. The red really works on one level, it works on the blood circulation, certain types of chronic cold pain and then the complementary color to that color is green.

33:32 RB: Green is of course anti-inflammatory and anti-infection, and also good for pain. It's also extremely calming. So each one of these colors also has a very powerful psychological effect, so that combination I always say is really working on the matter of the body, and to some extent, I was talking about degenerative states...Red-green is very helpful for those degenerative states. Then we have blue-orange, blue-orange is more for the hormonal-endocrine-emotional loop, so you have your chronically depressed people, actually, even if they can just wear orange glasses sometimes just for up to 15 minutes every couple of hours, they can raise their mood. Or you can help people give up coffee using their orange glasses, because they get that heavy exhaustion state sometimes. And then yellow-violet works on the lymph and the limbic brain, as I was saying, all the trauma, memories, and then the digestive system. So we have these three primary pairs that we apply to acupuncture points because as you know acupuncture points are like emitting and like receiving transmitters. This is why we use the colors, is to work with the details.

35:12 DS: That's a beautiful explanation, and I need to put that up around the meridian system. I've studied Mae-Wan Ho's work and she talks about the acupuncture-meridian system as almost like this fiber optic system in the body, and it's a light conductive system, and when you just start thinking of a body as this, of course, communication network, that light is such an information carrier in the body.

35:40 DS: This all makes perfect sense. So then again, if people are curious, they could go to somebody like yourself or somebody who's trained by you or Peter. Everyone, of course, the art of medicine is in how to apply this knowledge and this framework to a person's body, but it would be like an acupuncture session, but without needles, but with the application of those crystals with light and color and pairing those in a way that really can start shifting and correcting the physiology, is that the experience people would have?

36:19 RB: Yes, exactly, and actually, if you are an acupuncturist, actually in Amador Institute, they also use acupuncture, so in the system, the idea is first you open the channels with the acupuncture and then you use the crystal devices to bring in the light and the color, because we say information rides on energy and informs matter. The idea is, first you open the channel, but if you don't do acupuncture, you can also just use some stimulation on the points. There are a lot of different ways you can do that. So yes, and sort of the art of it is really understanding the hierarchy of information energy, the brain and the body, and then understanding which devices to use to support whatever you need to transfer. I'll just give you one example of this. For example, we have some rods called the grey rods.

37:34 RB: If you have somebody who's very therapy resistant, you would say Peter says it's as though you're looking in a mirror with your eyes closed, so the mirror is recognizing the information, but you're not getting it say on a physical level. This could be elevated liver enzymes, so what we do is we use the grey rods, and in a sense, it's almost like putting a jumper cable on a car, we open the block using the grey rods to the information field, and then we use these various brain coordinating devices to support that transfer of information through the brain into the body, so it's like, it's not random, he's created all these different devices over many years, I've watched all these devices be created, and I've seen more and more how he has this capacity to get this very nuanced movement through the system.

38:47 DS: That's interesting about the grey rods. Would you apply them to a focal infection or a focal interference field? I think we have slightly different words for the same idea, that we see a scar...Would you see that the grey rods help to open that area that's blocked?

39:09 RB: With a scar what we would do initially, because actually you can do a lot of work with scars with the light, and I think it's really great with a scar, you would use the infrared pin, Peter has a non-visible infrared. It's 940nm so it's calibrated to go in and hit the cell wall. I've worked with women who've had C-sections, which is a pretty traumatic injury that blocks all of the meridians running up the front side of the body, so you really want to work with that scar, initially, you might use the green, you might go all around the scar like sewing, because the green is anti-inflammatory and anti-infection and it'll bring down all the swelling. Then you use the infrared because because of that 950nm hitting on the cell nucleus, then you get the bio-photons to start moving again, the healing to happen, and then if you like, way later, if

you want to get the trauma out of the scar, you can use turquoise which will open up the subconscious. But you don't do that until later, and then you can release the trauma, the psychological trauma.

40:40 DS: We use neural therapy in the office, this injection technique, but it's great to see this whole other tool. And they probably work together, and then of course, these are options for people who can't get to a neural therapist or whatnot. But scars, it's one of the things that I enjoy supporting patients with the most because there are people who don't think of a scar and how that can affect their lymphatic system and their fascial system, and can hold this trauma, and of course affect the flow of information and energy in their body. And so they're a really important piece of healing and of opening up flow in the body, so I love your system, because not everyone loves needles either, so it's great to have options.

41:24 RB: Exactly, some people come because they don't want needles. It's just too strong for them and, yes, exactly, it's really good to have a whole range of options. It's interesting what you're saying because I met one woman, very recently, who'd had five C-sections, and honestly, after that fifth C-section...And she was an MD, so she knew a lot, but after that fifth C-section, her marriage ended, and her body went into a very strange state of dysregulation. She gained a ton of weight, and I really felt, when I just accidentally saw the scar...it was a training where we were doing something completely different. It was a whole other system we were teaching, but I actually spent the whole weekend just working on her scars. By the end, I felt she was way more stabilized because it was just such a glaring block in her body.

42:34 DS: I'm so glad you treated that and saw that. That's amazing. Five surgeries, that's a lot of trauma to that tissue, and so that's fascinating. We do neurofeedback in our office, and there are all sorts of different neurofeedback tools, and more technology is always coming on the market that people can even buy to use at home without a practitioner. Can you tell us what Peter created, as far as the brain coordination device, and a little bit about how that works and how you use that in your practice?

43:11 RB: Well, as I was saying, the brain wave therapies really fit with this idea of supporting brain wave coordination. Because Peter says that the brain waves are initiated through the thalamus, the thalamus sets the rhythm of the brain but in coordination with the pineal, which he says is then the portal to the zero-point field. The zero-point field gets shut down, say, for example, with fluoride, fluoride is a really bad one. You can see it in the iris. They get these little white spots, calcifications in the pineal area. Then you're not getting that vitalizing information. Brain coordination goes off.

44:03 RB: So, he says, "When the brain wave coordination goes off, all diseases in the background have this brain wave dysregulation." So, Peter says the brain is like the middle management. It doesn't have the script. But if we don't have that switchboard happening, there's no communication going on. So, he has a couple of different devices. This is what we call a home synapse device. This one's really great. This is actually something that people can buy themselves, and I love this because they can then use this at home on a daily basis. There are about 40 different programs he has for all different kinds of hormone stress, stress in the head and neck, high beta states, different in-

somnia therapies, pain therapies, cognitive therapies, many conflict therapies. My favorite is the gamma therapies which just open that field of coherence in the brain.

45:16 RB: I use that to go to sleep every night, and it really supports me to feel better resourced and more creative. So, that's one that we have, and then we have specific ones that you can use in the clinic, more like the professional model where you can run individual brain waves through individual points, depending on what you test. You can see through the Kirlian, but you can also test on the forehead, and you can get information about which brain wave is out of regulation, which organ it's affecting and so on and so forth.

46:02 DS: I'm always looking for technologies to support my patients, and I've heard this in different ways, but I love this idea that we need the brain to basically transmit the information to the rest of the body, from the field to the body, so it's this, of course, very important organ. We see a lot of neurodegenerative disease and cognitive issues, and obviously rates of dementia and Alzheimer's are going up, and neurological diseases are going up in general. So, it's so critical to keep our brains useful for the health of our body.

46:44 RB: Yes. Of course, there's all the focal intoxications or the toxins. But then also, you see, as I mentioned before, the brain is not fully formed until you're age 25, and actually having a core attachment system, severe abandonment and neglect can also give you a type of brain damage. So for example, if they look at the brains of these little Russian adopted children who've been left, say, for the first year of their life and not touched, they find that their amygdala pit which should be like a little spongy goji berry is sometimes hard like a rock. And so this has severe consequences then for their whole social

engagement system, and then all the consequences in the body and the physiology in reaction to this. So also you can use these kind of devices to work with all that psycho-spiritual material, which I think is really important, and when you see people who are seriously ill, as I was mentioning, say with the chronic pain, often what you see is this over-coupling of the heavy trauma, and then they get a serious pain issue or something like Lyme, the system has already weakened, the information transfer is already very poor because of the shock to the brain through the attachment system, and then it's how little resiliency it has then to take on this resolution of this external injury to the body.

48:45 DS: I know we've talked about trauma a lot, but with what you just shared, I think you really illustrated the physical impact of traumas because sometimes it sounds too esoteric for people to understand how their trauma affects their physical body. We're big believers of this trauma absolutely being related to a susceptibility or vulnerability to chronic disease. I've had people who come on here and talk about the ACE study and the ACE score and how adverse childhood events are absolutely a predictor for chronic illness. So, now there's more information, but I think we still have a long way to go to make this an integrated part of any recovery plan for any health condition, I think we have to look at that.

49:44 RB: Yes, it is really interesting with pain. Robert Scaer, he's an MD, he wrote this book, *The Body Bears the Burden*. So they started looking at this in his practice about how race car drivers very rarely develop chronic pain after injuries, and they were really fascinated by this, and what they discovered was that they don't have an experience of helplessness in the face of the ac-

cident, it's just part of their job. Also drunks don't have an experience of helplessness, but if people who developed chronic pain often have many incidents of stored experience of helplessness already, then that accident and that experience of helplessness over-couple, and then you get this tendency towards developing chronic pain which is sometimes no longer associated with a physical injury anymore.

50:52 RB: The brain just keeps feeling off. There are various somatic theories. So Peter works with this a lot, this is why I'm mentioning this, and we're talking about the brain wave devices. So the brain wave devices can just keep giving the brain an experience of a state of regulation so you can get a little space to, in a sense, start a new moment and find some kind of traction towards moving to the healing vortex, moving out of the trauma vortex.

51:29 DS: I love that. I love how you're describing all this. Rosemary, we've covered a lot and I want to make sure people understand how you work and what you teach and how you train people, and if people are interested in learning more from you, can you share a little bit about your work and your trainings?

51:52 RB: Oh, my trainings. Yes, so we've been teaching here in the US since 1993, it's been really, really amazing actually, I've met so many incredible healers, actually, that has been an incredible side opportunity of this. So we start and we do simple introductory courses for people, just to give them an overview of the system, and then we have a certification training that people can do where we do a lot of hands-on work, I'm really missing that right now. I'm actually teaching my certifications online because we're in the online

moment, but we're all really missing it because I love to do the practical sessions. This, of course, lots and lots of conceptual material, fascinating, Peter's system is very, very profoundly articulated, but then actually applying things and seeing what happens to people in the sessions and the process that even the people who are training go through is just for me, really, there's a lot of learning in that. Then they can study Kirlian, and then every year, Peter does these wonderful, interesting updates. And so then we present that material, there are one-day webinars for example on burnout, sleep disorders, different special topics. There's a three-part pain webinar on these beautiful crystals. These crystals, there are actually a lot of different crystals that he has. So some people just use that part of the system, maybe there are subtle energy body workers, so they don't want to do the whole medical part of the system, and they use the crystals with their subtle energy body work and they're fantastic, those crystals just create huge, huge shifts in the energy. I'm working with one woman right now in Hawaii, and she works with new born babies, and I've been supporting her a lot. I just totally love it, she's doing little crystal therapies on these new born babies.

54:34 DS: That's fun.

54:36 RB: Then she sends me after photos of them...yes, we need to create strong children.

54:53 DS: I have a two-year-old and I am very aware that they're our future, right? When children are born and when they're new to the earth, it's just amazing how much light and joy and love they come here with, it's our job to keep that, to keep facilitating that.

55:13 RB: To keep that connection to that flow of information, yes, because they come in and they're connected, that's why we like hugging them and holding them. So these devices are little portals to that field. Sometimes I put my crystal on before I go to bed, it's a little star trek and I kind of go through...Connect, and it's such a lovely thing.

55:47 DS: What a beautiful system and a beautiful modality, and I'm just super intrigued. I want to study with you and learn more, it's been on my to do list for a while. Peter and Dr. Klinghardt are both these brilliant minds that got downloaded with I think a lot of wonderful information and went in those slightly different directions, but it integrates so beautifully, I think. I think there's a lot of synergy in their work, and I think combining a lot of this is only going to help more of our patients, and we have to get really creative these days to help the people that we're seeing, people that we see. And I'm sure you see, it's not like they've been sick for a month, they've been sick for a long time, and they just need to have this other perspective of how to heal, because often the people we see aren't served by all the things they've tried. I just appreciate all the innovation and creativity and bringing these concepts into tangible light.

56:54 DS: I think if this is new to someone, they're probably going to have to listen to this again. A big part of why I did the Body Electric Summit (and we're going to do another one) is giving people the tools and the language to talk about energy and light and physics and how it's not inaccessible, that it is very rooted in science, objectively studied part of life that we just maybe under-acknowledge right now.

57:24 RB: I thought it was really interesting because I listened to the Body Electric talk from Dietrich, which was so fantastic, and I loved that he kind of said this knowledge has been around in Russia since the '20s, then in the '70s Fritz Popp picked it up. But there he was, he was at Northwest University for many years and only maybe in the last 10 or 15 years, all this frequency medicine has started to get some acknowledgement in the US anyway. I think in Europe, they're better versed in it, but yes, it's just understanding these beautiful layers of the body and that we are actually at the deeper level connected to this unified field. And once people understand that then it makes more sense.

58:21 DS: Absolutely. Well, I'm sure we could talk all day, Rosemary, and I've learned a lot from you today. Thank you for all of this beautiful explanation and this exploration and teaching my audience about colorpuncture and biophotons and light, and if people want to find out about you, we'll have a link to your website, but if you could just mention your website here so they can search for you and we'll have that in the shownotes as well.

58:49 RB: It's called colorpunctureusa.org.

58:55 DS: Great. Well, it's been a joy interviewing you, and thank you again so much for your time and being on the podcast.

59:02 RB: Thanks for all your great questions and your incredible support for me to share this material, I really appreciate that.

59:08 DS: Thank you, thank you.